

Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

December, 1924

UNITED STATES DEPARTMENT OF AGRICULTURE
 BUREAU OF HOME ECONOMICS
 WASHINGTON, D. C.

JELLIED GRAPEFRUIT, ORANGE, OR LEMON PEEL



- 5 ounces of peel
- 1 cup (7 ounces) granulated sugar for sirup
- $\frac{2}{3}$ cup water for sirup, or enough to cover
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup granulated sugar for rolling strips

Thick, soft, unblemished peel from smooth fruit should be selected. Light-colored grapefruit skins are best for this purpose, since russet skins impart a dingy shade. Orange skins may be bright or pale in color, but should not be russet or spotted.

Cut the peel into strips $\frac{1}{4}$ to $\frac{1}{2}$ inch wide. Parboil three times, using 1 quart of cold water and boiling in a partly covered pan for one-half hour each time, and discarding the water after each cooking. The strips should then be tender and must be handled gently to prevent breaking.

Place the water, salt, and sugar for the sirup in a saucepan about 6 inches in diameter, and stir until the sugar is dissolved; then add the strips of peel arranging carefully so that they lie parallel to each other, to prevent their being broken when turned. Cook rapidly for about 20 minutes, then reduce the heat and continue to boil gently for about 20 minutes longer, or until the sirup is all absorbed. Great care must be taken at this point that the sirup does not scorch, and the strips of peel must be lifted or turned frequently with a fork so that all are equally penetrated by the sirup.

Place the strips on waxed paper, and when cool roll in granulated sugar until there is a coating of distinct crystals not a heavy crust. Let them dry out for a few hours or overnight, then wrap in waxed paper and store in tightly covered tin or glass containers. If left in paper boxes, the peel tends to become hard and crusty in winter or sticky in summer. If properly stored in a moderately cool place, it should keep in good condition for 2 or 3 weeks. The peel should be jellied throughout and translucent and not shrunken nor gummy.

The 5 ounces of peel called for in the recipe makes about 10 ounces of jellied peel. A grapefruit weighing $1\frac{1}{2}$ pounds generally yields about 6 ounces of peel; an orange weighing 6 or 8 ounces, between 1 and 2 ounces of peel; and a 3 to 5 ounce lemon, from 1 to 3 ounces of peel. Success is much more certain if weights rather than measures be used. A slight excess of sugar makes the peel too hard and too small a proportion gives an insipid flavor and watery texture.

When larger quantities are jellied at one time the process should be slightly changed. If twice this quantity is used (10 ounces of peel), choose a saucepan about 8 inches in diameter, double the quantity of all the ingredients, and cook the strips an hour or longer if necessary to absorb the sirup. If four times the original quantity is used, in parboiling the peel use only enough water to cover it well. In making the sirup, choose a saucepan about 10 inches in diameter, and use 4 cups of sugar but only about $1\frac{1}{2}$ to 2 cups of water, so as to make the boiling down process less tedious.

